



Wearing blue for Danielle
Tanya Dorian holds her daughter for children's family.
Page 2

SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



Pay it forward on Friday

By LISA OLSEN

You may notice people being a little nicer than usual this Friday.

Nov. 11 is Random Act of Kindness Day, a day where people are encouraged to show kindness until the roses and autumn leaves have been blown to oblivion.

"I think this encourages people to think about their interactions with others, and Ryan Connell is a student life programmer at the Bono campus."

The community-wide event, hosted by The Random Act of Kindness Foundation, is in its third year at Conestoga College. It starts off when Connell was approached by a student who wanted the community to hold a random act of kindness event and thought it would revolve around the college's Bono campus.

The first year it was an awareness to students, with

Student Life putting up a Random booth and handing out pay-it-forward cards. Conestoga Students Inc., handing out papers and Charivari giving out free coffee. Connell saw people buying coffee for strangers at Tim Hortons.

"You saw people all around campus get so payed about it," said Connell.

This year, the Bono, Waterloo, Oakville and Waterloo campuses are taking part. Stratford and Ingersoll are not because they don't have a community association in partnership.

With events such as a thank you card, lunch free cookies at the Student Life office, free parking and a surprise at the Library Resource Centre, the event grows every year. Events in the community, with local companies taking part, including the Waterloo Region Herald, CTV and K104.

"It takes us back to an era

but time where people were more generous and kind, and Tracy Van Kelsch, manager of marketing and communications for the Random Act of Kindness Community Foundation.

Van Kelsch said the event is not about being nice, but about things such as holding doors open and letting people in line at the grocery store.

For the foundation, the day started with a walk from one of their businesses.

"It was totally unexpected, even in its first year, how good it was," said Van Kelsch.

Connell said many people think that community just happens, but he believes that it has to be intentional.

"Many of us, we get so distracted with our lives, we don't have time to interact with others," said Connell.

A list of 104 free random acts of kindness can be found on the foundation's website: www.randomact.org.



PHOTO BY LISA OLSEN

Ryan Connell is a Student Life programmer, encourages staff, students and faculty at Conestoga to participate in the Random Act of Kindness Day on Nov. 11.

KRAZY KARNIVAL FEATURES PUCK THE CLOWN



PHOTO BY TRACY HARRIS

Samantha Janssens, 21, transforms Karlee West, 41, into Puck the Clown in preparation for the Krazy Karnival on Oct. 29 in the Conestoga College Student Life hallway. Both are first-year freshmen. Foundations students. See Page 6 for Krazy Karnival story.

Conestoga needs \$30m in funding

By LISA OLSEN

Conestoga College is looking for funding, and they're planning in their own back yard.

At a board of governors meeting on Oct. 10, the college's campus plan was discussed in detail, including current expenses, growth and costs.

Individual giving is the mainstay in this country

— Mike Logan

"There are two things to do make sure to get the biggest money payments done on time and on budget, the other was to make approximately 100 to 120 million," said John Chisholm, college president.

The construction plan, in total, will cost approximately \$100 million. Despite federal

and provincial government contributions, the college is still almost \$30 million short.

In a presentation on how to raise the funds, Mike Logan said the Kevin O'Connell of 1015 Kitchener Canada Inc. told the board to look in its own backyard, including local community members, alumni and faculty, rather than large corporations.

"Individual giving is the mainstay in this country," Logan told them in a video.

The college's construction plan will meet the community's needs by providing more space for future students by adding 400,000 square feet across five of its campuses.

It's the most extensive growth plan in the history of school.

After completion, Conestoga College will be leading with students increasing from its current population of 8,000 full-time students to 15,000.

Now deep thoughts
... with Conestoga College

Random questions answered by random students to

If you could marry any superhero, who would it be and why?



"Chairman, Governor Per's support really made for him the nomination."

[Marketing Research](#)
[First page](#)
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"Foster wants to see the couple
going through their life together
slowly."

Ryan Lantry,
Director
responsible for 100% of
operations



¹¹ "Confession: I've never been a fan of the word 'recession,'" says the author.

1999年12月
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^a *Phragmites* spp. (Scirpoidaeae) and *Spartina* spp. (Cyperaceae).

William J. Griesbach, Jr.
 Director, FBI
 Washington, D.C.



¹⁰ *Wahlkreis-Mitglied, Abgeordneter des Reichstages*.

Healthy Warnings



*Massachusetts, Massachusetts Bay's smallest town, and New York's largest.

Kristyn Tugel
 First page
 generalists and voluntary
 on health services



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Shakespeare Never Said 'Lear's Poem': a note at www.fox.com or www.fox.com on Nov. 2. The episode is **Requiem for a Dreamer** for the family of **Shirley M. Roberts**, a **Conway** resident who died in **Monday**.

Wearing blue for Giannina

References

A local union is raising funds for Christmas. To Rahm's family, and they're doing so with blue jeans extensions.

A student at Connecticut College's Stone campus, De LaHorta died in September when she fell from a seventh-floor balcony while on vacation with her boyfriend in Mexico. Her boyfriend was charged with one count of manslaughter.

On Nov. 17, Tropo Sales and Spa will be holding a fundraiser by offering blue hair salons at a cost of \$7, including installation. The concept is similar to a ribbon campaign, to support

3.1.2. The Future: Opportunities for the Building

Grandma Orens, owner and artistic director of the salon, knows the family history. Dr. Roberts was a long time customer of the salon, as are her mother and sister.

"We want to help out the family because they're definitely starving — talking to the mom, who's lost her own place. And we want to bring some one back into their lives," said Green.

The salon is also selling up a donation area and a raffle, where customers can win one of three silver peace wreaths to be \$100.

All personnel have the right to refuse to perform any task that is not within their job description or that is not a necessary part of their job.

will be given directly to Dr. Roberto's family. Customers will receive 50 per cent off services if they mention Dr. Roberto's name.

If carpenters are unable to make it into the sales on May 17, Green said he will offer the extensions and the counts for the remainder of the week.

Gover would be happy to raise a maximum of \$1,000 for the family, but would have to raise more.

"It's the thought that counts, and . . . that people continue to remember this beautiful girl," he said.

The union is located inside Emerson Park Mall in Eastham.

1999-2000



Transit expected to be hot topic

By **ANGELA BAKER**

Students are invited to voice what excites them on Wednesday at the regional government's student focus group. Here, many students, however, know what worries the regional government most.

In attendance, the Regional Municipality of Waterloo is responsible for a great many, but all services, from dental health to subsidized student to transit. Transit is expected to be the main item at a focus group meeting at the college Nov. 13.

Chief administrative officer, Mike Murray said transportation is one of their biggest concerns.

"The Waterloo Region is sitting at 344 over 500,000 in population and we are expected to grow by a good 200,000 by 2030," he said. "Never big concern to have to accommodate nearly 750,000 people and transportation is a big problem."

Murray said in order to accommodate that fast population takes 550 kilometres of roadway would have to be added in the region, the same distance as driving from Kitchener to North Bay, Ont., twice over, according to Murray, in to make urban, rural in the transit system.

"We can add routes and make our current routes better," he said. "We can add rapid transit and make the transit work for the people. We want to hear from the students just how to make it better."

Early childhood education student Gabriela Krasner agrees that the transit system needs to be changed.



PHOTO BY ANGELA BAKER

Students wait for the bus outside Door 3 at Conestoga College's Owen campus. Transit is one of the main issues the region expects to be raised at the student focus group on Nov. 13.

"Buses only running before 9:00 a.m. or early every hour need to be fixed," she said. "It can be a real pain."

Former-city councillor Holly Galloway agrees.

"The main is the transit service from the college into one of the three major cities," she said. "If you want to get to school there are only certain times that the buses run."

Although city councillors do not have anything to do with regional government, both

Galloway and newly elected councillor Tracie Fennell, both of Ward 4, where the college is in, have seen the issues that students face.

Although Murray expects transit to be one of the largest complaints, he also has other topics that might be of interest to students.

"There's subsidized child care, affordable housing and making our city a vibrant, colourful, exciting place," he said. "We want to know what

would make this a fun place, a place to experience."

Introducing new restaurants, bars and restaurants to Waterloo Region, and supporting transit to work for the people are also at the top of Murray's list. He is hoping to be changed that with these ideas, the regional government needs the students' input in order to make their reality.

"We really do appreciate the voice of the students," he said.

REGIONAL RESPONSIBILITIES

The following are some of the responsibilities of the Waterloo regional government.

Social services

- Good planning of the local childcare system
- Five children centres and a licensed home children program

- Financial assistance with children costs
- Home development programs
- Social assistance (elderly, youth)

- Employment programs
- Planning housing and community services

- Transportation planning and control
- Transportation demand management

- Region of Waterloo (Ontario) Transit
- Transportation and emergency services

- Grand River Transit including MobilityPlus

- Regional roads and traffic signals
- Grand River Transit planning
- Rapid Transit initiative

"Post-secondary students are our future. That's what we need to focus on."

For these students who are unable to attend the focus group on Wednesday, there is an online survey for their views to be heard at www.region.waterloo.on.ca.





Shawn Phillips checks out the silent section of the K V Veterans Association's party for Canadian troops.

A spooky time supports troops

By JANET BELL

Many filled the K V Naval Association banquet hall on Oct. 19 as people of all ages and backgrounds got together at a Halloween party to support Canadian troops stationed in Afghanistan.

Some soldiers got to come home for Christmas while being kept months up for the holiday but, had those few soldiers who have to stay and serve during the festive season.

"This is why some problems can be incorporated."

This was the novel sentiment, which those several party for the troops, which didn't have to put together can packages for soldiers away from home during the Christmas season.

Many of the men and women officers weren't receiving letters or packages from home," said Terry Lough-Baylender, a Canadian College graduate and special events coordinator at the K V Naval Association.

It was decided in 2007 that the association would work to send more packages overseas to help boost the morale of the men and women who were working in Afghanistan.

Package include various things such as chocolate, so lotions, books, magazines, playing cards, snack food such as popcorn, beef jerky, tape music and gratitude letters, a letter, a Christmas card and a wrapped Christmas present. These are delivered to the troops throughout the Christmas season.

The people at the party were happy to be supporting such a good cause at the Christmas.

"Belong to the legacy, but I



PHOTO BY JANET BELL

Only from British Naval Productions and Terry Lough-Baylender party at the K V Naval Association's banquet hall on Oct. 19.

grills coming up here," said Second World War veteran Don Bellemore.

He also said that he feels it was very important to support the current troops.

Betty Gray, a member of the K V Naval Association, said, "They're just kids over there."

"The moral was both festive and supportive as people had an evening at the silent auction, took part in the 50/50 draw and enjoyed other activities set up for their entertainment was happy about what they were doing for their small support committee."

"War is a part of life and it always will be," said Gray but she also emphasized how important it was to stand behind those who were willing to fight those wars.

The association's goal is to send 50 to 60 care packages overseas this year for troops stationed in Afghanistan. So far, they have sent 50 over the past three years.

Remember our past and pay tribute

Born May 26 1891 in Woodville, England Abraham Glasdell was the third eldest boy in a family of four children. Like many families in the town of the century the Glasdell family was of the working class. Everyone who was able gathered in to make each night.

At age 15 Abraham started to work as the coal messenger. Yorkshire. He also worked part time at a butcher or shop.

By age 20 in the year 1911 he worked his lungs and heard a deep breath for Canada in search of a better life.

Working in Quebec City he made his way to Montreal, Que. where he found work with the Canadian National Railway. He started as a fireman, which meant he was responsible for keeping the fire box of the steam locomotives full of coal.

In April 8, 1917, the Canadian Navy held a very strategic man in French called Vicky Ridge. The battle at Vicky Ridge was one of the first times in Canadian history that our troops were led

by our own Canadian officers. It was not supposed to be a victory. In a matter of days Vicky Ridge was taken and controlled by the allied forces. Abraham Glasdell was one of those brave Canadians and down who proved forward of Vicky and family overcame the odds. The events cost 2000 Canadian their lives, and left 7000 wounded. Abraham Glasdell was one of the wounded by grandfathers had many physical injuries from a bomb blast and I am sure many emotional scars as well.

After the war my grandfather returned to England and met my grandmother Elizabeth (Shaw), got married and moved to Falmouth, Ont. where my grandfather found work again at the CNR as an engineer. His war injuries did not allow him to return to a physical job. They also raised two children.

At the age of 16, Abraham Glasdell died in Falmouth in 1955. His wife Elizabeth passed away peacefully, at age 95 in St. Catharines, in 2003. She was one of only 10

remaining widows in Canada to be receiving a First World War pension when she passed.

I was very fortunate to know my grandparents as well. They were the most consistent, calm influence in my life. I understood what patriotism and citizenship meant because of them. I also understood what sacrifice, hardwork and government meant as well. Without my grandparents' generation making sacrifices, and sometimes the ultimate sacrifice, my family would not enjoy all the advantages we have today. The term "Let's We Forget" is very important to me.

Now it is my duty to ensure that our past and to pay tribute to those who are responsible for our freedom. I proudly wear a poppy knowing that my grandfather fought in the Great War. I also think of all those men and women since the First World War who have fought to preserve our freedom.

"Let's We Forget."

Jeff Glasdell

November 11th
Doon - SLC Atrium, 10:35am
Warrlaw - Front Foyer, 10:40am
Guelph - Cafeteria, 10:40am

Remembrance Day Ceremony

On the 11th hour, of the 11th day of the 11th month, Canadians are asked to pause and remember the thousands of men and women who have served, and who sacrificed their lives fighting for freedom and democracy.

CONFESTORIA
STUDENT LIFE

Student Life
STUDENT LIFE

Plinko a hit at United Way casino

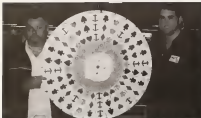


Photo by Nathan Schmitt

Sam Soderberg and Matt Al, business foundations students, helped host the United Way Casino on Oct. 26. The event was held in partnership with the Student Life department and was the last of three business foundations Student Life fundraisers. The casino raised \$2385.

By NATHAN SCHMITT

Thanks to an event organized by both the business foundations program and the Student Life department at Conestoga College, students were able to shell out cash donations last week to support a great cause.

On Oct. 26, the United Way casino was held, the last of three business foundations fundraisers to support the United Way.

Students organized the event as part of their Business Success for Higher Learning course, which requires students to organize an on-campus fundraising event to support the United Way.

As the casino students made cash donations to participate in a variety of games such as Crown and Anchor, Black the Dealer and Plinko, giving them the chance to win prizes.

"Randomly students were encouraged to donate any change that they had to participate in any of the games," said Student Life program coordinator Ryan Connell. "Due to the

planning the game, students would then receive a letter that they would enter an draw to win prizes that the business foundations students got donated from other businesses."

According to Andrew Nguyen, a business foundations student responsible for planning the fundraiser event, some games were more popular than others.

"I think Plinko would probably be the most popular game. It just looks like, right?" he said with a laugh.

The casino raised \$2385. Combined with the two other business foundations Student Life fundraisers, a total of \$1,325 was raised, helping the College United Way campaign reach 60 percent of the \$60,000 goal as of Oct. 26.

"The value in collecting United Way is knowing that you're not just helping one charity, but that all of the funds will be funnelled into a number of community organizations throughout our community," said Connell.

Random Act Of Kindness Day, Friday November 12



Reach out to another person
through a Random Act of Kindness!

Pick up a Random Act of Kindness Card and
'pay it forward' when performing a good deed!

To receive a Random Act of Kindness Card, go to the Student Life Center, Door 4 and Door 6 at Conestoga Campus.

A Random Act of Kindness Card is available at Conestoga Campus.



United Way Krazy Karmival drives Conestoga wacky

By NATHAN SCHMITT

Games, challenges and a draw proved Conestoga students at the Student Life casino was transformed into a carnival to aid the United Way.

The karmival carnival in the Student Life centre on Oct. 26 raised over \$100 for the United Way campaign.

The Krazy Karmival, designed, organized and run by the business foundations program in conjunction with the Student Life department, followed a simple format, where students would pay to participate in various fun activities. Usually in the range of \$1 to \$2, winning the events would give students prizes they could enter to win various prizes. Some of the events had gift baskets of their own.

Thomas Allen, a first-year business foundations student, explained the game to the draw. "You pick a square off of the poster board. If it's the size of a square, you win a gift basket."

It cost \$1 to pick a card. Other events included root beer pong, a ball hockey shoot and a balloon popping game, each of which awarded

prizes.

Music was provided by DJ Justin, also Justin White, a second-year marketing student. He has been DJing professionally for a year.

The business foundations program coordinates the fundraisers for the United Way every year as part of their program.

"They learn a lot about time management and organization," said Ryan Connell, a Student Life program and co-chair of the Conestoga College United Way campaign.

What Connell is complete without a draw? Pick the Crown, aka Karmal Webb, a first-year student in the business foundations program, made an appearance, administering prizes by and distributing them. Trying to throw justifying balls were pieces of root beer.

The event raised \$475 for Conestoga's United Way campaign, which has an 80 percent goal of \$60,000. The business foundations fundraisers over the week ended up raising \$1,325, according to Connell's Facebook announcement following the event.

Exceptional employees honoured

By VICTORIA SPRAGUE

"You'll never know when you'll go as far as to care someone's life," said Client Director at an Employee Recognition Luncheon on Oct. 27. The president and CEO of the Cambridge Chapter of Commerce was the emcee for the morning and spoke about how everyone can make a difference, whether offering students job shadow opportunities, internships or just offering answers to helping hand the job one story where a student was thinking of committing suicide but didn't because a classmate came to

him and that day. The luncheon was held to recognize the exceptional employees at the region.

Not only was the room filled with guests it was also filled with, as Ken Irving, regional chair, said, "a sense of awe and awe."

"We look out for each other in a number of ways, and that is an example," said Irving who was the keynote speaker.

The 31 recipients, nominated by seven institutions including Camosun College's Cambridge campus, stepped up to the podium to receive their award, a painting by

Greg Pascher endowed with a plaque. They were also treated to a hearty breakfast provided by the Oak Country Club.

The Annapolis Animal Hospital, contacted by the college, received their award for their outstanding work with a Camosun student through her internship. They will continue to help students by offering job placements.

"We'll continue to offer opportunities to people to come onto the premises, to see what it's like," said Sandy Gellman, a receptionist at the hospital. She said she thanks

"it's a great idea because if they're never worked with animals before, this will help them decide if it's something they want to do in the future."

Not only were the recipients grateful but the nomination went as well.

"It recognizes the employees that have been supportive of our students so that these students can make really good decisions about their career path," said Kristin Murphy, who works for Camosun's School of Career and Academic Success.

"By being able to do job shadow or work on campus, they get a reality of what

that job really is."

The successful event serves as a great reminder for all employees. The reason these people received this recognition is because, according to Irving, in business, "There generally are about making a difference in this person's life. And I think if you do that with an individual, if you demonstrate that clearly, that comes back to employees' dedication and commitment. Because if you ever about the people that work for you they start to care about you, and that's what makes every business successful."



PHOTO BY VICTORIA SPRAGUE

Gina Murphy, left, presents an employee recognition award to Sandy Gellman and Sandy Gellman at Annapolis Animal Hospital in Cambridge. One of 31 recipients of the prestigious award. Each winner received a painting by Greg Pascher.

RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM.

STROKE
Sudden loss of consciousness
Sudden loss of speech
Sudden loss of vision
Sudden loss of strength
Sudden loss of sensation
Sudden loss of coordination



For more information, contact your local stroke association.

celebrating cultural DiVersity Week

November 15-19

ALL WEEK ON CAMPUS

Check out the various activities, displays, and activities happening on campus, brought to you by the following Camosun groups:

- 1. Learning Resource Centre
- 2. Student Success Centre
- 3. Student Success Centre
- 4. Student Success Centre
- 5. Student Success Centre
- 6. Student Success Centre
- 7. Student Success Centre
- 8. Student Success Centre
- 9. Student Success Centre
- 10. Student Success Centre
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- 27. Student Success Centre
- 28. Student Success Centre
- 29. Student Success Centre
- 30. Student Success Centre
- 31. Student Success Centre

ALL WEEK ACTIVITIES IN THE STUDENT LIFE CENTRE

MONDAY

Displays from World Cultural
10:00am - 1:00pm
Hosted by:
Learning Resource Centre

Cultural Games & Activities
11:00am - 1:00pm
Hosted by:
Student Success Centre

TUESDAY

Displays from World Cultural
10:00am - 12:00pm
Hosted by:
Learning Resource Centre

Cultural Games & Activities
12:00pm - 1:00pm
Hosted by:
Student Success Centre

WEDNESDAY

Displays from World Cultural
10:00am - 1:00pm
Hosted by:
Learning Resource Centre

Cultural Games & Activities
11:00am - 1:00pm
Hosted by:
Student Success Centre

THURSDAY

Displays from World Cultural
10:00am - 1:00pm
Hosted by:
Learning Resource Centre

Cultural Games & Activities
11:00am - 1:00pm
Hosted by:
Student Success Centre

FRIDAY

Displays from World Cultural
10:00am - 1:00pm
Hosted by:
Learning Resource Centre

Cultural Games & Activities
11:00am - 1:00pm
Hosted by:
Student Success Centre

Rec and leisure program receives award

By CHRISTOPHER WILSON

A partnership between Canastota College's recreation and leisure services program and the Tim Hortons Foundation's young has earned the program a Volunteer of the Year award.

During the recreation and leisure services program's early 2002 semester meeting on Oct. 22, special guest John McInnis, of the Tim Hortons Foundation, presented the

foundation's Volunteer of the Year award to the program in recognition of the exceptional dedication and volunteer support provided by its faculty and students, to the Tim Hortons Foundation.

"I am pleased that the commitment and leadership of the recreation and leisure services students is being recognized through the Volunteer of the Year award," said Norma McDonald-Ewing, coordinator of the program.

"Their energy, enthusiasm

and compassion is outstanding and their technical skills and knowledge enhance the experience of each camper. This award is well deserved, not only by the group, but by each individual involved," said McDonald-Ewing.

Tim Hortons Foundation's Canastota campus opened in June 2000 on 400 acres of rolling hills and wetlands in St. George. It operates as a non-profit special education center from September to June, serving rising environmental education, recreational, enrichment, creative, and personal development.

The Tim Hortons Children's Foundation was established in 1974 by Tim Zies, co-founder of Tim Hortons. The foundation is a non-profit charitable organization committed to providing a fun-filled camp environment for children from economically disadvantaged homes.

Year-round, local children are selected from each of the communities in which a Tim

Hortons store operates, giving thousands of children the opportunity to attend the camps. This year the foundation will serve close to 14,000 children from economically disadvantaged homes.

The experience is one that becomes etched in the memory and on the hearts of all involved

—Norma McDonald-Ewing

A few students volunteered at the Tim Hortons camp four years ago, which has evolved into a volunteer-based, experiential learning opportunity for all first-year recreation and leisure students.

"All the students loved the experience and said it was very impactful," said McDonald-Ewing.

Because Canastota Farms is a working farm with cattle, horses and sheep, as well as

scale rental and dental photography labs, some students also have the opportunity to rotate in their second year as an advisory or facilitator role.

"It is a fabulous partnership between the college and the Tim Hortons Children's Foundation," McDonald-Ewing said.

One of the most influential things that the kids are taught in the G.E.S.A.T. camp program, it was created as a way to highlight the campers' achievements.

The kids are taught to be "blue, yellow, green, orange and red." — are awarded to the campers' throughout each camp session. When campers return home, their bracelet or necklace will remind them of their camp experiences.

The blue band is for good morning, for swimming, for trying something new and keeping a positive attitude. The yellow band is for respect, good leadership, setting a good example for others, being a positive influence and

helping to solve problems. The green band is for teamwork, social awareness, respecting the environment and learning the importance of conservation.

The orange band is for adventure and mystery, asking questions, documenting new things and participating in challenging activities. And the red band is for teamwork and friendship, accepting people's differences, making new friends and working together in a positive environment.

"I would strongly encourage anyone who has an interest in volunteering to come to do so," McDonald-Ewing said.

"The experience is one that becomes etched in the memory and on the hearts of all involved. Volunteering at camp celebrates what can be achieved when a group of dedicated individuals commit to creating a memory-making experience for those less fortunate. To be involved in such an experience is as rewarding for the volunteers as it is for the participants."

15,000 gather to hear Dalai Lama

By BARRY'S ROBERTS

Thousands of fans, bloggers and news crews were in attendance when the Dalai Lama, the spiritual and temporal leader of the Tibetan people, spoke at the Rogers Centre in Toronto on Oct. 22. Over 15,000 people gathered to hear the spiritual leader, under soft white spotlights, as he spoke of the world, his life and the role of women.

According to an Oct. 20 article in the *Waterloo Region Record*, much of his speech focused on freedom in Tibet. The Dalai Lama, who was forced into exile after the Chinese military occupation of Tibet in 1959, explained that the female response to sympathy is stronger than that of men. He also said that he would love his successor to be a woman.

"The Dalai Lama joked that if he had a female successor, she would be much prettier than him," said Diane Whelan, a 54-year-old woman who attended the event. "I was greatly moved by his speech. He has a lot of great views on the world. I wish the rest of the world would think like him. Watching him speak was wonderful."

He later began to tell the crowd a story about a person of compassion and wisdom. The story regarded his beliefs on women and their compe-



Photo by Barry's Roberts

Over 15,000 people showed up and heard the Tibetan King, when the Dalai Lama was introduced at the Rogers Centre Oct. 22. The blue lines represent a commitment to spirituality, something the Dalai Lama and his supporters advocate.

The Dalai Lama explained that in some Tibet, there is a lot of faith, which is not meant to be a burden of fear. One of the two children who played around and danced. Their father was angry by midnight, while the mother stayed up all night with the crying child.

According to Whelan, he recognized standing on his own as an expression of compassion when he expressed his views on women. He also spoke about the importance of world peace, justice and respect for all.

"We need to focus on inner qualities such as compassion, forgiveness and tolerance," he said.

Your feedback is music to our ears.

Win the chance to bring music to yours.



Take 5 minutes to complete the Library Quality Survey & enter to win an 8GB iPod Nano Multi-Touch.

www.conestogac.on.ca/lrc

Oct. 25th - Nov. 12th

Photographer's images feature those left behind

By NARA JONES

According to Statistics Canada, between 1997 and 1999 there was a 10 per cent increase in suicides across Canada, from 5,641 to 6,224. In Ontario, the number of suicides rose from 900 in 1997 to 1,030 in 1999. According to the World Health Organization, in 2000 111,000 people worldwide lost their lives to suicide, which is more than double the number of people killed by armed conflict every year.

Thousands of families are also affected by suicide each year.

They are left without friends and careers, left with no money, sleepless and sometimes suicidal. One of the 14-year-old Thunder Bay residents has put together a photo project involving those who have been affected by suicide.

Collateral Damage. Images of Those Left Behind by Chastin will be a book of photographs of people whose lives have been taken through their own lives, as well as a website and gallery exhibition.

"The idea of putting a face to those left behind by suicide has been with me for more than 10 years," Chastin says on a press release.

"I personally believe stepping out of the dark to talk about this subject will

help others living a similar life suffering depression today."

Chastin hopes that by completing this project people will be able to speak openly about the cause and effect of suicide.

He was just 16 when his father committed suicide, aided by suicide as he prefers to say.

"Guns make it sound like a crime," he says. "Suicide wasn't a crime. The stigma wasn't it."

Through the book website and exhibition he is taking a journey to share his story as well as the stories of others whose lives have been affected by suicide and to challenge the stigma that goes with it.

Marianne Friesen, executive director of the Thunder Bay branch of the Canadian Mental Health Association, says, "We believe that such a resource would be a valuable asset as an educational tool to expand community knowledge about the invisible toll that those left behind by suicide."

Chastin, a high schooler, is the sole photographer for this project as he has complete control over how the project looks.

He invites those who have stories to make forward and join this project.

For more information on the project go to www.leftbehindby suicide.org

PIECES OF ART DISPLAYED FROM AROUND THE REGION



PHOTO BY NARA JONES

Gallery Double T is tucked away in upper Westwood. It shows new art from around the region. The building, located at 76 Rogers Dr. N., is a piece of art itself.

COUNSELLOR'S CORNER: College Alcohol Inventory

The following College Alcohol Inventory was developed at the University of Mississippi-Liud Chang. It might be interesting for you to complete the inventory and for a comparison your score with the average score.

True <input type="checkbox"/>	False <input type="checkbox"/>	1. I have drunk 5 or more drinks in a row at least once in the last few weeks.
True <input type="checkbox"/>	False <input type="checkbox"/>	2. I have drunk to intoxication at least once in the last few weeks.
True <input type="checkbox"/>	False <input type="checkbox"/>	3. I have drunk alone in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	4. I have drunk occasionally (at least 5 days of each week) for the last month.
True <input type="checkbox"/>	False <input type="checkbox"/>	5. I have seen or done something under the influence of alcohol I regret during the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	6. I have drunk during the last 3 months so that I could do something that I felt I could not do as easily without alcohol (e.g. talk rates, be more outgoing).
True <input type="checkbox"/>	False <input type="checkbox"/>	7. I have experienced a blackout (memory loss) while drinking in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	8. I have driven under the influence of alcohol in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	9. I have missed school or work due to the effects of alcohol at least once in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	10. I have experienced withdrawal (shaking, sweating, flushed face) after stopping drinking in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	11. My drinking has harmed my personal relationships in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	12. During the last 3 months, I have often drunk in larger amounts or over a longer period of time than intended.

Score

Add your scores on questions 1-12 (one point for each True answer). This is your severity score. The range is 0-12. 50% of UWEC students average score is 2-4. 64% of UWEC students score 5 or below.

If an answer to any question or your total score concerns you, please consider talking to a counsellor at Counselling Services, 1A-101.

"If alcohol is causing you or those around you problems you have a problem with alcohol."

ST. JACOBS ALREADY HAS THE SPIRIT



PHOTO BY NARA JONES

Despite the cold weather, St. Jacobs is alive with shoppers enjoying Christmas gifts. On Nov. 18 and 19 St. Jacobs Market District will have five hours of early shopping in the evening.



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Living with depression

By BRENN COWE

"I was up at 3 in the morning and decided I wanted to die. I found my 8-ant box that I'd used for all sorts of art projects and began sewing away at my wrist..." said Heather Antony of Minneapolis recounting her horrific experience with clinical depression.

Fortunately, her mother discovered her before it was too late; doctors were rushed to hospital. There she was properly diagnosed and spent three months in the hospital's psychiatric ward. This would be her first major step toward recovery after a long period of crushing despair.

Antony's experience is not uncommon. Research reports of by the Canadian Health

Agency in 2002 suggests that about eight per cent of Canadians suffer a depressive disorder at some point in their lives.

"It is probably the most common mental health issue in the general population," said Catherine Collins, co-ordinator at Healthy People.

Clinical depression comes in many forms and is more than

just a mood; it is regarded as an overwhelming and all-encompassing low mood, where the person feels worthless and a loss of pleasure in what were once enjoyable activities. The disorder affects a person's relationships, academics and work life, sleeping habits and general health.

"Hopelessness and helplessness can consume a person

with depression. When working with them, we as counsellors try and restructure those negative thinking patterns," said Fleming.

For a time, Heather's life was hell, overwhelmed Antony, she described when she first sought help for her condition, after a high school boyfriend dumped her in her senior year.

"I cried all day and all night and didn't end up leaving my bed for three days. My mom dropped me in the doctor's office where I was diagnosed and given various prescriptions. Sleeping pills, antidepressants and something for the odd anxiety attack," said Antony.

It was after the incident that she was diagnosed with clinical depression, general-

ized anxiety disorder and some sleeping issues. After some experimenting with drugs and therapies, she eventually found a system that worked for her, though the road there was a long one.

"One antidepressant made me feel completely neutral about everything, never and, never happy, it was absolute hell. Another made me feel angry instead of sad and kept me awake despite taking sleeping pills," said Antony.

These pills had reduced symptoms to such that Antony eventually in a frantic Antony claiming she would prefer to back her head against the wall until she passed out just to get some rest. She was taken to the

hospital, where she was given tranquilizers. She wakes feeling refreshed.

Antony is now living a much happier life than she was two years ago. She eventually decided that she could live without her antidepressants and, with the help of her doctors, she weaned herself off of them.

"I had a loving boyfriend and an amazing friend to keep my spirits up and when I wasn't with them I was doing things I loved," she said.

If concerned that you or a close one is suffering from depression, it is important to seek help. OneStep Consulting Services will provide support and can be reached at 818 744-0290, ext 3360.

CONSTRUCTION AROUNDS



PHOTO BY JONATHAN COLEMAN

Construction on Canisius College's new Flawing continues at the O'Connell Campus on floor 1. So far, it is on time and on budget.



PHOTO BY LISA MASON

Plans are drafted for demolition to make way for condos at the corner of Allen and Park streets in Waterloo. The city is currently in a state of growth and construction.

PREPARING FOR THIN ICE



PHOTO BY BRADLEY LITTON

Stephen Weiss, left in front net, and Henry Reif plus two other city workers inspect the ice conditions on the front of City Hall in preparation for the skating season. Reif is a graduate of Canisius College.

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X-rated hypnotist captivates Conestoga students

By **BRAM YOUNG**

For one night only the Sanctuary was to an appearance by the XXX Hypnotist Tony Lee. The show, held at Conestoga Students Inc. consisted of Lee hypnotizing volunteers, not just men and women, but also you wouldn't want your grandmother to see.

"It's a safe stage for a male house," Lee said after the show. "You get to laugh at your friends a little bit."

The audience was in stitches throughout the two-hour show.

Comedies and religious were in abundance as the audience made sure they caught every embarrassing moment to make around their friends of their actions or to tease away from them in the future.

Ryan Kuebler, 19, had never been hypnotized before volunteering during the Oct. 26 show.

"It felt like I was half asleep but I could open my eyes at any moment and walk off the stage," said the second-year Wilkes University student.



PERFORMING AT SANCTUARY

The XXX Hypnotist Tony Lee has fun with some volunteers during his Oct. 26 show in the Sanctuary.

Kuebler said, "I was conscious of what I was doing but I really didn't care. It felt like I was in my own little

world."

One person who must have felt in his own world was 19-year-old volunteer Curtis

Sell.

"I was feeling pretty good at the time so I figured what's the worst that could happen?"

he said. "It didn't really set in until he asked me to stand with my legs spread apart and I was going to go down-bell."

A lineup of hypnotized girls proceeded to take turns hugging the non-hypnotized and well-connected Sell in the arena.

"Getting locked in the future is really a great feeling," said the second-year Wilkes College psychology student. "But most of the girls couldn't see so my boy had hand received most of the damage."

Despite the abuse Sell said he would absolutely see Lee again.

"I had a few laughs and had a great time across the 50 bucks to the grass," he joked.

Lee has been performing at Conestoga for over a decade. The hypnotist and part-time mixed martial arts fighter enjoys making people laugh in a unique way.

"When I look in the mirror and it doesn't matter your age, nationality or sexuality, everyone is laughing and enjoying it," said Lee.

However, it still wouldn't let any grandmother go.

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Posture affects mood and grades

BY LAURA ROBERTS

Not many students realize that the simple act of sitting up straight, pulling your feet back and relaxing your shoulders can affect your attitude and grades.

Posture is very important and affects a person both directly and indirectly.

In fact, good posture can change your whole mood for the day. When you sit in a person who has bad posture, head hanging and belly out, you usually wonder how I trust this person or, as an employer, will this person be good for the job.

A study in 2006 found that your posture affects your own behavior in your own thoughts," said Dr. Karen O'Neill, a chiropractor and a certified network spinal analysis (NSA) practitioner at Keanteron Students who have better posture actually get better grades because they are more confident in what they know, she said.

When asked started there was an increase in the number of students because they were stressed out with their exams, said Karen Parker, O'Neill's assistant. "They got a feeling of being tight and

Parker says the No. 1 reason that students came to them is because they are hunched behind a computer studying. They also have to carry heavy backpacks and slouch in their chairs during



Dr. Karen O'Neill, a Keanteron chiropractor, demonstrates her expertise, Karen Parker, to an first-level course student in the office during a posture-related workshop at the Forest Heights Library in Keanteron on Oct. 28.

ing classes.

A student's posture also gets worse during exam time. When we get stressed, the brain perceives that something is stressful and it wants to protect the spinal cord to stay alive," said O'Neill. "Parts of the spine will light up in response to that. As a result, the first thing that's

in your posture."

O'Neill speaks often in NSA, which is a developing profession that teaches the body how to bend and liberate tension in the spine. "Pain comes in because they hold on constant and have been feeling miserable," said Parker. "They find they like it (NSA) better because it's so gentle

and it doesn't aggravate them more."

In NSA, O'Neill instructs her lower and upper bodies to correct posture on the spine to stimulate the nervous system. "It helps your body let go of tension that's been stored in the spine from past stressors," said O'Neill.

A patient of O'Neill's said,

"I'm experiencing a distinct improvement in mental clarity, and a huge improvement in my lung and chest area, memory. I have more energy and sleep better. Do not compare NSA treatment with anything you have had so far."

A study done at the University of Colorado found that people who make healthy life choices on their own, improve their well-being by 88 per cent and those who receive NSA improve their well-being by 60 per cent.

The study's research says the spinal cord is damaged, resulting in bad posture, are a lot. Having something heavy, constant damage to a spinal cord is inevitable. Chiropractors often get hurt slightly on the spine, which has more in getting into a car accident when driving in bad weather conditions.

Signs that show that you have bad posture are pain, reduced circulation, getting tired easily, lack of focus and an increase in ill health.

"If your nervous system is healthy and functioning properly it will control in your posture," said O'Neill. As a person's posture improves they will get better odds and outcomes.

"A lot of people come in because they have pain, and they want to get that fixed," said Parker. "Then they walk around because they feel good. I can fix all these other things."

Zumbathon hopes to dance into Guinness World Records

By SARAHAN ROBERTS

Fingers are crossed as the hopes there is a new world record for the world's largest Zumba fitness class.

On Oct. 16, a Zumbathon was held at the Sacramento River in Keanteron to try and hope into the title of world record and to raise money for the charity Dance a Ride.

Zumba is a dance fitness class that uses Latin and other international music to create a fun workout class. When asked to, "Dance the workout, join the party."

According to Loretta Skowgaard, the Zumba dance instructor who organizes the event, the previous official record was 246 people. However, there have been unofficial records, some reaching over 500 people.

These attempts weren't quite heard with Guinness, so 500 was the number the Zumbathon had to beat.

Three hundred and fifty people showed up to try and help Keanteron beat the record. It isn't known as yet whether it was successful.

Ditch the workout,
join the party!

— Zumba's official motto

With maximum donations of \$15 for advance tickets or \$15 at the door, the Zumbathon raised \$4,500 for Dance a Ride, a branch of the Keanteron Manor Hockey Association. The charity raises money to help kids get into the sport, if they can't

afford expensive hockey equipment.

"I see the value of having kids participate in organized sports," said Skowgaard.

When born a Zumba teacher since November 2007 when she visited the Zumba headquarters in Florida to ask them to send someone to Keanteron to train and certify four instructors. Since then, that number has grown to over 40 instructors in the Keanteron area.

After the half-hour event tonight, people who attended stayed and celebrated their success with a party. Skowgaard was excited about accomplishing the world record but not so excited as she was about helping out Dance a Ride.

"The most important part is raising money for a good cause, she said.

DIAL C FOR A CELLPHONE



PHOTO BY SARAHAN ROBERTS

But did you ever see someone get in use a pay phone in this digital day and age. The use of pay phones has decreased by approximately 40 per cent in North America but they're not without yet.



PHOTO BY GERALD UTTER
 (Below) Ron Robinson, left, is a former mechanical engineer with an MA from the University of Waterloo. He is a woodworking technology classroom with students (above) from last fall.

Your dad's in your class - well, almost

Mature students bring a sense of richness to the classrooms at Conestoga

By GERALD UTTER

Young students coming from high school to college in the past few years are bringing a new and possibly changing situation.

These persons are in their classrooms.

Well, not their actual parents, but someone old enough to be.

"Right in some places you didn't even find out of high school," said Ron Robinson, coordinator of the videotape/broadcast, journal/writing/reading program and the broadcast information program. "There has all stopped totally, and it's the past two or three years that the classroom has become very diverse in terms of age range."

With the current economic downturn and the provincial and federal governments emphasizing retrenching of the unemployed, more and more students over 40 are going back into the classroom.

"The economy has hit people hard," said Parr. "A lot of people are looking for better alternatives for employment money and they're coming to college."

This means a lot of baby-boomers are back in class. What are people who have considerable job and life experience, people who are the contemporaries of the younger students parents and - perhaps more significantly - the college instructors.

Surprisingly, younger students don't have a problem with this.

"I have no problem at all," said Brigitte Borge, who asked about an older student in her class. Borge, a second-year broadcast/journalism student, came straight to

Conestoga from high school. "I don't do a newspaper thing," she said.

"It doesn't bother me, said Mike McCallack, another second-year broadcast/journalism student. "I had the mature students on the same who have the most work ethic."

"You don't necessarily fit right in. You're an oddball because you're older. You got a bunch of kids that look at you like, 'That might be my dad.'"

— Ron Robinson

Robinson, 55, is a former mechanical engineer with an MA from the University of Waterloo. After the contract he was working on ended and as others came up he decided to go back to school. He's taking woodworking technology because he likes working with wood.

"You don't necessarily fit right in," said Robinson. "You're an oddball because you're older. You got a bunch of kids that look at you like, 'That might be my dad.'"

Kathie Grant is in the second year of the architectural construction engineering technology program. She admits to being definitely over 40. She expressed age of the experience she had when she started the program.

"Being a mature student, how are the other students going to look at you? Will you be accepted? Your teachers and professors are your contemporaries up until now and

experience-wise. But you're also supposed to be the one temporary of the younger generation. You have to walk that fine line being definitely a student when you actually maybe more clearly with the teacher side of things."

"By the second semester that had more or less disappeared - I'm just another student in the program."

"When older students come into a classroom," said Parr, "sometimes they used the confidence that they can succeed. Certainly I think there's some anxiety, especially in the first week or two. Do I fit? How can I fit here amongst all of these young kids? Is it going to work? But what they find is that it does work."

Mature students, says Borge, fit in, are often a valuable asset to the classroom. Carol Gregory, director of student development, was enthusiastic about this.

"The mature students bring so much to the college. They bring so much richness to the classroom," they bring so much diversity in terms of perspectives. They know what they want. They're here for a reason."

"How wonderful for a student in the class to hear instead of from a book or an instructor, from you who can say, 'I lived through that. This is what it was like.'"

The mature student has several advantages. They have already developed a work ethic, and they have a good sense of perspective.

"In my program it's very 'hands-on,'" said Grant. "Knowing how to manage any time - not procrastinating and getting things done because they need to get done - huge advantage."

She needs another point

"When you're doing a project twice you have to fear of looking in front of people, where's when I was that age. It was a huge plus."

"The mature students bring so much to the college. They bring so much richness to the classroom; they bring so much diversity in terms of perspectives. They know what they want. They're here for a reason."

— Carol Gregory

"They're doing more than I am," said Robinson. "You already gone through a whole bunch of stages in life, so I come here, I see the work, I do the work and I go home. I haven't got to catch myself in they have, obviously, I'm older, I can't do as much, so I've got to organize myself to



PHOTO BY GERALD UTTER
 Brigitte Borge.

make sure I get things done in time."

Along with the advantages of having mature students in the classroom, there can be some negatives. A Conestoga instructor told a story he'd heard from a teacher at another educational institution. It concerned a latter older student who had lost a high-paying job and it ended up being a mistake. His kind returned to college under the General Chance program, but his boss was at the time was in for being frequently disruptive in class.

Ann Chadwick, vice president of COPSU Local 235, said she's not heard anything like that at Conestoga College.

However, Andrew Coppleman, an instructor at Conestoga, said neither the school nor enjoy sharing their own personal experience. Sometimes it does get down the class.

"All we can do more demanding if an instructor isn't willing to accept that they can come more to us."

Funny problems can also get in the way, he said, causing interpersonal difficulties. Their absence can sometimes affect any group projects they are involved with.

Perhaps the last memory of the difference between the generations can be summed up by a quote from Robert Merton, the dean of science fiction and a prolific writer and philosopher, taken from his 1933 book, *Two Worlds for Love*.

"A young person sees the world as a wild person, unstable. An old person has had his nose rubbed in change and more change and still more change so away from it he knows it is a moving picture, forever changing."



PHOTO BY GREGORY BELANGER

Comedians. In left to right: Nick Reynolds, Nick Reynolds and Barry Taylor picked it up in the Seminary on Oct. 27.

Comedians tickle students' funny bone

By GREGORY BELANGER

CITA's comedy roster had students eagerly awaiting the talent of Canadian comedians Barry Taylor, Nick Reynolds and Mark Debus.

After introducing themselves, the comedians didn't waste any time putting on their own brand of humor.

"Do you ever see those people who stare at their feet like they just shined a neon sign, after telling that last one," said comedian, Mark Debus, a newcomer to the comedy circuit.

The audience laughed continuously as the three interacted with the audience, including them in their jokes. They discussed topics that

ranged from pumpkins to first dates.

The audience eagerly anticipated the comedians' next jokes, listening intently to when they had to say, when they weren't laughing hysterically.

Taylor was the first stand-up and worked the crowd successfully.

He made fun of the audience and told jokes about things that happen on a regular day.

The comedians' slight crowd for a meet and greet after the show, posing for photos. They also took the time to talk back what it was like to be on the road and be a comedian.

Since launching the tour in July, the comedians haven't had any regrets.

Awards gala recognizes amazing alumni

By GREGORY BELANGER

The 33rd Alumni of Distinction Awards reception was a gala affair on Nov. 3. Held at the Waterloo Region Museum, the event celebrated of Ontario graduates who have had an impact in the community.

Kenzie Paul Gabor, owner and director of alumni, marketing, corporate communications and athletics, said, "Hardly a day goes by in which our lives are not somehow touched by a Waterloo graduate — Conestoga has trained more than 40 per cent of the region's workforce."

Awards were given out in the categories of business, community service, engineering and information technology, health and life sciences, media and design, trades and apprenticeship, and other professions.

The winner in business was Lloyd Van Coten, the president and creative director of Approximately Yours Inc. The company specializes in entering and creating plans and is located in Guelph. She is also the founder of Town of Guelph and is the owner of Fern in York and Taste Real from the ground up.

Community service award winner Theresa Quinn was far from a Waterloo graduate. She has exceptional leadership skills. She helped bring the Waterloo Region's first ever 30-year-old. Currently he is the chief administrative officer for the City of Waterloo.

Keith Allen Kato was in the engineering and technology category. Kato is a member of

the Young Presidents' Organization. His company, Stochastic Technologies Inc., is one of the most outstanding suppliers in the Americas.

The winner of the health sciences award was Brenda Ballman. She is currently the mayor of the City of Waterloo. Ballman has introduced a number of innovative ideas and initiatives into the community. She has also hosted forums on issues such as health care.

The media and design category was won by David Shultz. A Globe and Mail columnist, he was named Sports Writer of the Year in 2008 along with colleague Paul Wells.

Trades and apprenticeship category award was given to a woman at RLM as the director of sleep operations. Under his guidance, the company grew substantially, rising from 73 trucks to 300 during his tenure with the company.

Jessica Stevens was the recent graduate award. She is currently the reception supervisor of community programs with the Town of Halton Hills recreation and parks department. She has been recognized by Parks and Recreation Ontario as a leader of Tomorrow and was the recipient of the Best Award Award.

During the ceremony the Alumni Association of Conestoga also awarded 50 students with the Waterloo Region award. This award is given to students who are a person or graduate who is an achievement of Conestoga College.



PHOTO COURTESY

Alumni of Conestoga award winners were: from left, Lloyd Van Coten, Keith Allen Kato, Brenda Ballman, Jessica Stevens, winner of the recent graduate award, David Shultz and Glen Spencer.



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Loving music is not a crime

The amount of music I downloaded in violation of half of it, I forgot to even there, which is like on my computer that I haven't even listened to. And I love the freedom.

I, however, like millions of others, am guilty of taking the download freedom for granted. Because of this, my music library is downloaded into my iTunes as fast as I can. I even used it and downloaded with abandon. Downloading every single song, even for the sake of a song you just heard on the radio without thinking twice at the time, because who knows that singer might rap to a rap



Emily
Sarvet
Opinion
Editor

but wonder. This is the way I used to do it, but I don't want to be a criminal.

But this freedom means I can come back to listen to it. On Oct. 26 the court ordered LimeWire to stop its P2P or peer-to-peer sharing operations, which let's be honest is all it was really there for. No one on their right mind is going to buy a song from the LimeWire store when the

search bar for the millions of free versions of songs around the web is a click away.

The issue of downloading songs without paying for them has been an ongoing war between the music industry and programs such as LimeWire. I understand the music industry's desire to stop the loss of money, but I can't say I feel any sympathy for them. As a music lover, I do feel a bit guilty because they could use the support from fans buying their music in one instead of downloading it for free.

But from my perspective

as a college kid with not enough money to buy the full album of every single artist, I see it all for free downloads. For many people my age, the only way they can afford to be able to listen to an artist's music is if they can download it for free. I don't want to be a criminal, but I do want to be a fan.

The freedom of sharing music, although illegal, is a great way to spread the art form of music, which inspires us every day. I can't even tell you how many artists I've

randomly found on LimeWire because of this. I know it was not right in sharing out something like this.

I feel without this free music we will no longer experience the different cultures and stories that this music represents.

My chief concern is that the shutdown of LimeWire was to immediately download music, which does have only the same thing. But once they've shut down one what will stop them from shutting down another?

I sincerely hope that this is not going to be the end of the music industry and that there will be a way to stop them from not a dollar sign

GOTTO LOVE THAT GETUP



PHOTO BY MICHAEL-STEVE GARDNER

Steve Levy, the fallow, was in Carnegie Student Inc's Seminary, shared lots of fallow, and, during up as a rapper

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You know when it's real

Condors get their wings clipped

By JENNIFER BROWN

Conestoga's women's volleyball team was kept in Condore College on Oct. 31, and they did what any good ball team would do: they made their guests feel at home.

After losing to Niagara University the day before, the Condors came into the game with a 2-0 record and were flipping their wings hard to become a 100 team. However, the volleyball gods had different plans.

The first two sets were close with both teams playing very sloppily with poor setting, open blocks and few options. Solid defense was provided from Danielle Pearce of Conestoga and Jean McLaren of Condore.

In the first set, both teams felt each other out but neither team was a huge factor in Condore winning the first set.

The Condors attacked again, winning the second set, capitalizing on their chances and forcing Condore to make mistakes with the ball on their side.

However, sloppy play rear-headed for the Condors in the third and fourth sets and even though Condore didn't make any 100% highlight plays, they cleaned up their mistakes and kept up the dominance. With over an hour's practice because of the Condors' poor service and lack of quality sets, Condore won the last two sets.

"We didn't play very well and we had a lot of mistakes and mistakes back Danielle Pearce.

"They got their set together and eliminated their mistakes and came up big on their defense."

"I feel that today we played poorly with the exception of the second set. We were very up and down and couldn't find our rhythm," said head coach Christian Loney.

This was the third game since the 1993-94 season for the Condors. With little experience and no OCAA recognition, practice time will be greatly valued by the players.

Not having experience affects the team greatly," Loney said.



Photo by Shannon Brown

Nicole Miller (Conestoga) spikes the ball against the block of a Condore player at the Conestoga net on Oct. 31.

Mensink inspires learning

By JENNIFER BROWN

Frank Mensink, the executive dean of Conestoga's School of Business and Hospitality, is featured in *Business Magazine's* Oct./Nov. issue.

The respected publication has awarded several national awards of Ontario business honours for his dedication to lifelong learning and innovation — both of which should inspire Conestoga students.

Mensink's feature shows how passion and dedication to learning results in success.

In 1988, Mensink is a prominent and respected figure at Conestoga College, increasing the academic activity for more than 3,500 full-time students and 4,000 part-time students, as well as 50 full-time faculty and up to 100 part-time faculty — a job that he manages with grace, skill and professionalism.

Mensink started his post-secondary schooling at the University of Waterloo in engineering. After two years, he realized that it wasn't something he wanted to pursue.

Mensink didn't like the co-ops that he was doing. For one job he was outside in the middle of winter measuring the miles of buildings with a tire warmer. On another, he was working at DeLorean in the

last furnace area of the mechanical department, doing drawings of a fireplace for the floor of golden iron — none of these jobs were exciting to him. "Engineering was not for me. I started looking at other options. Waterloo didn't have a business program at the time so I transferred into math," said Mensink in the magazine article.

After realizing engineering wasn't suited, job for him happened a new career path. In accounting. Along with that came a new field, computer work. Mensink became the senior manager of computer audit and microprocessors, then the audit manager of the University of Waterloo and for the University of Guelph while he completed a master's degree in business administration at Wilfrid Laurier University.

As a student didn't keep him busy enough, he also taught a fourth-year computer audit course at the University of Waterloo in the School of Accounting.

Mensink began to question public accountants after eight years. He learned his wife Nancy, how she had summer off, while he was putting in endless effort.

"I was looking for a better work-life balance and to spend more time with my family. One day I saw an ad

in the local newspaper that Conestoga College was looking for full-time faculty and I sent in my resume," said Mensink. Conestoga hired him in 1989 and he has been here ever since.

Mensink was recently elected 2000/01 chair of the board of directors for the Certified General Accountants of Ontario.

Mensink understands it's not uncommon for students to feel undecided about the path they have chosen. However, he is a living example of how an undecided path can sometimes lead to success.

"A special relationship has existed between Conestoga College and Certified General Accountants of Ontario since the inception of the college system in the late 1940s," said Doug Brink, CEO of the CGA, and a alumnus of Mensink's.

"Frank became the CGA Ontario representative in 1987 and we have been working together ever since."

"He seems to be a model the students of Conestoga can emulate," said Brink. "We are proud to have Frank on board at CGA Ontario."

"As I always tell our students 'The program you start will not necessarily be the one that you finish. Keep your options open,'" said Mensink.

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